

**Appln. No. 09/297,289**

**Amendment dated April 21, 2003**

**Response to Office Action dated November 20, 2002**

--As depicted in Fig. 6, the amorphous mainspring 31 is spiral in shape and is arranged to lie in a single plane.--

Page 26, before the paragraph beginning at line 16, add the following new paragraph:

--As also shown in Figs. 13 and 14, the hairspring 470 is spiral in shape and is arranged to lie in a single plane.--

**IN THE SPECIFICATION:**

Amend claims 14, 23, 34 and 54:

14. (Thrice Amended) A spring for mounting on a substrate receiving at least a portion of the spring, said spring being formed of spirally arranged amorphous metal lying in a plane and shaped so that when the spring is mounted on the substrate the spring has an initial flexure imparted thereto, and serving as an energy storage device.

23. (Thrice Amended) A mainspring for mounting on a substrate receiving at least a portion of the mainspring, said mainspring being formed of spirally arranged amorphous metal lying in a plane and shaped so that when the mainspring is mounted on the substrate the mainspring has an initial flexure imparted thereto.

34. (Thrice Amended) A hairspring for mounting on a substrate receiving at least a portion of the hairspring, said hairspring being formed of spirally arranged amorphous